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GREAT BEND. - - - - KANSAS.

LOOK UP, MY BOY.

There is hope in the world for you and me;
There is joy in a thousand things that be;
There is fruit to gather from every tree—
Look up, my boy, look up!

There is care and struggle in every life;
With temper and sorrow the world is rife;
But no strength cometh without the strife;
Look up, my boy, look up!

There's a place in the land for you to fill;
There is work to do with an iron will;
The river comes from the tiny rill—
Look up, my boy, look up!

There are bridges to cross and the way is long,
But a purpose in life will make you strong;
Keep e'er on your lips a cheerful song;
Look up, my boy, look up!

Speak ill of no one; defend the right;
And have the courage, as in God's sight,
To do what your hands find with your might;
Look up, my boy, look up!
—*Sarah K. Ralston, in Good Cheer.*

LONG, HEALTHFUL LIFE.

A Case of Longevity in the Sixteenth Century.

Lewis Cornaro, an Italian Centenarian, Who Unfolded His Secret of Health and Enjoyment—Be Temperate in All Things, Useful and Cheerful.

Luigi Cornaro was descended from an illustrious family of Venice, where he was born about the year 1463. Owing to some political misfortune in the family he was debarred from all right to share any public honor, or in any employment of the republic. He married one Veronica, of the family of Spilembergs, at Undine, a city of Friuli, by whom he had a daughter, Clara. This daughter married a gentleman of fortune, having large possessions in the island of Cyprus, by whom she had eleven children, of which Cornaro speaks with much pleasure and delight. Chagrined at being excluded from any participation in public affairs, he retired to Padua, where he had considerable estate, and resided there the remainder of his life.

He tells us, in a little book which he wrote when nearly a hundred years old, that he was formerly of a hot, choleric disposition, and that his constitution, naturally delicate, became after a while in such a deplorable condition from his excesses that, before attaining the age of forty, his physicians announced to him that unless he completely revolutionized his mode of life his days would soon come to an end. Upon desiring them to inform him exactly what course he must pursue they replied "that he must always manage himself as a sick person, eat nothing but what was good, and that in small quantity." He had sense enough to heed the simple prescription; or, as he expressed it: "I thought it a disgrace not to have courage enough to be wise." He began at once to lead a sober life, and by degrees accustomed himself so much to the habit of being temperate in all things that at the end of a year he found himself much recovered in health and free from the pains of indigestion, fever, gout and other ills which had afflicted him. Elated with his success, he became enamored with the enjoyments of health, and thereafter followed with care and assiduity the habits of an abstemious as well as a "sober, righteous and godly life."

The rules which he practiced and offered for the guidance of others were: First, in taking care of the quality, so as to eat and drink nothing which would offend the stomach; secondly, in the quantity, so that no more should be eaten than could be easily digested. It was also Cornaro's theory and practice that, as we advance in years and our powers naturally weaken, we should not tax or overburden them by efforts to create strength which the constitution was not capable of producing. He therefore limited himself gradually to that quantity of food which he deemed proper to sustain life, so that at the last the yelk of an egg often sufficed for a single meal. Health under this regime became a pleasant hobby with him, and certainly served to make his life happy, useful and long. This extreme abstemiousness, though successful in his, might not be so in every case, therefore he advised each to study his own constitution and adjust himself accordingly; but that temperance in all things is the one thing requisite. When nearly eighty he yielded to the arguments of his friends, that his constitution required more nourishment than he allowed himself, and was induced to try the experiment. It had liked to have proved fatal. Notwithstanding the increase was very small, in twelve days, from a state of perfect health, he was attacked with colic, sleeplessness, and finally thrown into a fever from which he hardly recovered.

Not only in his diet was Cornaro particular, but he used other means conducive to health. He avoided as far as possible exposure to the weather, abstained from all violent exercises and late hours. One other important habit which he adopted was, he says, "not to abandon myself to melancholy by banishing out of my mind whatever might occasion it." He also offers the true argument that a temperate life fortifies the constitution to withstand the exposures to the ills and accidents of life, and cites the occasion, when he was seventy years of age, of being overturned in his carriage and dragged a considerable distance. He relates that "They took me out of the coach with my leg broken, a leg and arm out of joint, and, in a word, in a very lamentable condition. They sent for the physician, who expected I could not live three days to an end. However, they resolved upon the letting of blood to prevent the coming of fever, as often happens in such cases. I was so confident that the regular life which I had led had prevented the contracting of any ill humors that I opposed their prescription. I ordered them to dress my head, to set my leg and arm, to rub me with some specific oils proper for bruises, and without any other remedies I was soon cured, to the great astonishment of the physicians and all who knew me."

He argued that a simple and frugal diet, like that which he practiced, had the happy advantage of being easily adapted to rich and poor; but his disposition of the mendicant is rather amusing:

"A poor old man, if he have no means to buy meats, could easily live well on bread, broth and eggs, and there is no man, howsoever poor he may be, that can stand in need of these, unless they are downright beggars, of whom I do not pretend to say any thing. The reason of these being so miserable in their old age is because they were idle and lazy when young, and it is better for them to die than to live, for they are a burden to the world."

Another excellent habit of Cornaro's was that of making himself useful to his neighbors and the public. He says: "I walk out in my gardens, along my walks and canals, where I always meet with some little thing or other to do, which at the same time employs and diverts me. I sometimes divert myself with a sport that agrees with me at my age, namely, in going out with a setting dog or with terriers. Sometimes I walk to my villa, whose streets terminate at a large square. Through this villa runs a river, and the country is enriched with fruitful and well cultivated fields. This was not so anciently. It was a marshy place, more proper for frogs than for men to dwell. I thought it advisable to drain the land; so the air became more wholesome. Several families have settled there and rendered the place very populous, where, I may say, that I have dedicated to the Lord a church, altars and hearts to worship Him, which reflection is a great comfort to me. Sometimes I pay visits to friends in neighboring towns, who procure me an acquaintance with the ingenious men of the place. I discourse with them about architecture, painting, sculpture, mathematics and agriculture. I visit public buildings, palaces, gardens, antiquities, churches and fortifications. When I am willing to be alone, I read good books and sometimes fall a writing, seeking always an occasion of being useful to the public." In his eighty-third year, so sprightly was his mind and gay his humor, that he composed a comedy for the stage, which, he says, "was diverting, without shocking the audience."

The retention of all his powers to the last was certainly remarkable. In his ninety-fifth year he records that he was healthful and brisk, slept well, relished all he ate and that none of his senses had failed; that he had still a lively fancy, a happy memory and a sound judgment; that his voice was more tuneful than ever, so that he could chant forth his morning office more easily than in his youth. He delighted in children. "I meet not on y with two or three, but eleven grandchildren, the eldest of which is eighteen and the youngest two years old, all born of the same father and mother, all healthful, of good parts and promising hopes. I take delight in playing with the youngsters and often make them sing and play upon musical instruments, and sometimes join in concert with them."

Though he lived so much longer than the generally allotted years of man, he knew that the springs of life must sometime cease to flow. He looked forward to his end as an event through which he would pass without pain, and he was not disappointed. His granddaughter relates that, feeling that his last hours were approaching, he disposed himself to leave this life with the piety of a Christian and the courage of a philosopher. He made his will and set all his affairs in order; after which he received the last sacrament and expected death in an elbow chair. In short it may be said that, being in good health, having also his mind and eye very brisk, a little fainting fit took him, which was instead of an agony, and made him fetch his last breath."

As sometimes we have seen a wandering cloud of mist dissolve away into the clear ether of the upper skies, so the life of this genial, happy old man faded gently and peacefully away into another life,

"Unmeasured by the flight of years."

He died at Padua on the 26th of April, 1566, and was buried in the Church of St. Anthony on the 6th of May following. His wife survived him for some years, reaching to a good old age, and her death at last was so tranquil that, as the nun records it: "She left this life without being perceived."
—*Boston Transcript.*

TOPNOODY SQUELCHED.

Cheerful Chat Between a Loving Husband and a Devoted Wife.

Mr. Topnoody sat with his wife by their reading table the other night in reflective silence, with a book lying open and useless before him and Mrs. T. was busy with a piece of that restful kind of needle-work all women resort to as a mental and physical relief.

"My dear," said Mr. Topnoody, after awhile, "if I were to die would you marry again?"

"Do you think of dying?" she asked, as if a new interest had come into life.

"No, my dear, not particularly, but it just occurred to me to ask the question."

"Well, Topnoody, to be frank with you, I think I would."

"Why, my dear, that is very inconsistent," he said, in surprise.

"How?" she asked, sharply. "I'm not usually inconsistent, am I?"

"No, my dear, but in this you are, for you are always railing against married life, and regretting that you ever tied it, and all that."

"But what has that got to do with my marrying again?"

"You don't want to repeat your misery, do you, my dear?"

"Of course I don't. You see I wouldn't have to have you, Topnoody, for my second husband."

Topnoody looked across the table at her, but she kept straight ahead with her work, and he relapsed into silence.
—*Washington Critic.*

NOT WORTHY OF BELIEF.

Mr. Blaine's Late Statement Regarding Civil-Service Reform Applies to the Test of His Public Record and Known Character.

It was hoped that Mr. Blaine would be permitted to retire to the reflective shades of his Augusta home, after reducing the Republican plurality in Pennsylvania from 81,000 to 45,000, without being called on to deny any of the reports of his stump oratory. Every precaution, he now tells us, was taken to make these reports conform not to what he said but what he wished published that he had said, and yet one report got abroad that has called for a denial from the champion denier of the country. His speeches were accurately reported, he tells us, for the Philadelphia *Press* by skilled stenographers, and yet a speech of his at Huntingdon, Pa., has been so "perverted" that he has been accused of "repudiating the Civil-Service reform with a sneer." It is unfortunate for Mr. Blaine that the public is used to his denials, and takes them for just what they are worth—"springes to catch woodcocks." Since his celebrated denial of April 24, 1876, of any interest in certain railway projects, except as an investing purchaser, was proved false in the face of Congress and of the world by his own letters, no person or politician has ever accepted as true any denial by Mr. Blaine in any thing in which he had an interest. People may admire him and political managers may worship him, but no one places any dependence on his word or disingenuousness. His reputation for veracity has been shattered into too many fragments to be patched into a water-holding vessel again.

In regard to the matter of his present denial, he is entitled to the widest circulation of his declared conversion to the principle of Civil-Service reform. It is so adroitly put that we repeat his words. "It is scarcely necessary to say," he writes, "that I have never repudiated reform in the civil service, nor abated my interest therein." When it is recalled that Mr. Blaine, as Speaker of the House of Representatives, appointed the committee on the subject which tomahawked the reform and executed the historical war-dance over its corpse, the true inwardness of his use of the word "repudiate" may be perceived. He never had any part in the reform to repudiate. He never took any favoring interest in it to abate. From the day he appeared in Washington as a lobbyist for the Spencer rifle manufacturers to the present time, the whole tenor of his utterances and practices have been inimical to the reform. His political life and methods have been one sneer at it, and to-day nobody would believe him were he to say, with Henry Cabot Lodge: "I approve the principle that employment in those offices in the civil service the duties of which are administrative and not political should be open on equal terms to every citizen without regard to party. If elected, I should favor the speedy extension of the present reformed system to all offices and employments of the Government to which it is applicable, and I favor the repeal of the laws which vacate a large number of non-political offices every four years, and the substitution therefor of a tenure during good behavior."

Even if Mr. Blaine were to make such a declaration as this the people would not believe he meant it, and politicians would exchange winks with Mr. Blaine behind the people's back. All his prattle about aping English civil-service methods is demagogy, for Mr. Blaine is too able a man not to know that the part of wise statesmanship is to take leaves from the experience of every nation and people now struggling with the problem of government or that ever sank beneath the weight of false leaders and selfish statesmen. His idea of American Civil-Service reform is embraced in the Jacksonian maxim: "To the victors belong the spoils."—*Chicago News.*

CAPTURED FACTS.

——Grover Cleveland is one of the strongest men intellectually and in all that goes to make up the genuine statesman that has occupied the Presidential chair since the days of Washington, and he is daily growing in intellectual girth, in far-seeing wisdom, and in the affection of the thoughtful and law-loving people of the land, but he has arrived at his present eminence not simply by his attention to the Civil-Service law, but by his broad and statesman-like action on all questions of public policy with which he has been called upon to deal.—*Selma (Ala.) Times.*

——For a certain length of time James G. Blaine can conduct himself with as much diplomacy as any public man that ever lived, but for sustained circumspection it is not worth while to look in his direction. The character of the man is well shown by his proneness to weaken at critical moments. This might argue insincerity on his part; that he is passing himself off for something which he is not, and that, at times forgetting the part which he is playing, he plainly reveals his real disposition, but by his admirers it will be held to be nothing more serious than the unfortunate weakness of an impulsive man.—*Chicago Herald.*

——The difficulty which Mr. Blaine has in opening his mouth without—well, without being inaccurate, seems to be constitutional in its origin. If it were not, experience of the trouble it has caused him would put him on his guard. His mind seems to be thoroughly sensational, and the result is that he finds it impossible to talk with restraint or moderation. Every phrase must be more or less explosive. This blundering of his about the English civil-service, which is putting so many of his supporters to shame, is a good illustration of this weakness. The truth is that his intellectual outfit is just good enough for the editorship of a country newspaper, but his energy and ambition and entertaining social qualities have carried him out of his sphere, and given him a conspicuousness in which his deficiencies become painfully evident and keep him in perpetual hot water.—*N. Y. Post.*

PRESIDENT AND CABINET.

Absurdity of the Charges of Dissensions in the Official Family.

When certain critics of the Administration are short of other ammunition for their guns, they fall back upon the oft-repeated charges of unpleasantness in the relations between the President and the members of his Cabinet. How absurd most of the stories of this character are when confronted with the facts! And none is more absurd than the one which is often repeated, that the President is a sort of petty despot who has changed the official relation of Cabinet officers from the old one of advisers to that of clerks in charge, though not in control, of the several departments.

The writers who are continually putting afloat assertions of this character know very well that they can not be denied *ex cathedra*. The President and the several members of his Cabinet alone can with a knowledge of the facts dispute such assertions, but for the President, or any member of his official family, to enter into a denial of such allegations would be incompatible with the dignity of the offices they hold. Fortunately, however, the common sense of the American public can be reached, even though direct denials from the interested persons can not be had. The logic of facts in this as in other matters is indisputable.

What are the facts as to Mr. Cleveland and his Cabinet that are known or may be learned by every one? Mr. Cleveland came into office as President without practical experience of National Administration. He selected as his Cabinet officers three men of long experience in national affairs as Representatives and Senators in Congress; three whose services in the higher line of political organization had made their names household words in their party, and the seventh a jurist of unquestioned ability and respectability. This Cabinet, thus selected, he has held intact for nearly two years, longer than any President since Van Buren, except Presidents Fillmore and Pierce, who did not change their Cabinets at all, and Buchanan, whose Cabinet lasted three years without a change in its personnel. Harrison changed the membership of his Cabinet in the first year of his administration. Polk in the first year reorganized his. Lincoln changed his Secretaries of War in the first year after his election. Grant changed his Secretary of State and of the Interior within a month, and Hayes within two years changed his Secretaries of War and of the Interior, his Postmaster-General and his Attorney-General.

In spite of assaults upon almost every member of his Cabinet, which have been characterized by malice, mendacity and violence, Mr. Cleveland's official family in the twenty-first month of its establishment remains the same as it was when he gathered it about him on March 4, 1885.

In view of these facts alone, can any thinking person credit the assertion that there have been serious differences in Mr. Cleveland's Cabinet or that he has treated his Cabinet officers with disrespect? Is it credible that Secretary Bayard, with his seventeen years of experience of public life, would submit to be treated as a mere executive clerk by a man who was a novice in National affairs when he had attained to the degree of master? That Mr. Lamar, a representative statesman of the South, who was a national legislator ere Mr. Cleveland had cast his first vote, would permit himself to be thus slighted? That Mr. Manning, Mr. Cleveland's friend and counsellor before the Presidency had dawned upon his wildest ambition; his guiding spirit in later days and the manager of his campaign for election to the office of Chief Magistrate, would brook such treatment now? Each of these three has had excellent opportunities to withdraw from the Cabinet, without trouble, had they wished it, and yet they remained beside their chief. Surely, the common sense of the American people will assume that these men did remain because they desired to assist that chief in administering the laws of the land, not as executive clerks, but as advisers and counsellors. And so with all the others.

And in like manner with regard to the stories of discord and disagreement within the Cabinet. The standing of the gentlemen who compose it, and the fact that they show no disposition to retire from it, ought to be sufficient proof that there is no foundation for statements which discredit their high character, and which go uncontradicted by them, for the sole reason that the dignity of the office they hold does not permit of their stooping to resent such imputations.—*N. Y. Graphic.*

No Cause for Wonder.

Northern Republicans who wonder that their party has so little strength among the whites of the cotton States would find a sufficient explanation if they should contrast the condition of these States under Democratic rule with the situation when the carpet-baggers were in power. Take Alabama, for instance. When the Spencer gang controlled the State there were constant collisions between the races, the finances were demoralized, the school system was in a wretched plight, and the aspect of affairs was so discouraging that many good citizens were removing to other States. Now harmonious relations exist between whites and blacks, the cost of government has been lessened, the tax rate has been reduced, and returning prosperity not only has arrested the exodus of citizens, but has begun to attract immigrants from other States and countries. Best of all, the school system has been greatly improved, and Governor O'Neal was able to say in his recent message to the Legislature that "no other State appropriates so large a proportion of its taxes to public schools, and in no other is the school fund so economically handled or so nearly all paid to those who earn it in the school-room." The Governor also gave the assurance that "as prosperity gives them ability, the people will increase the resources of the school system and its usefulness."—*N. Y. Post.*

FARM AND HOUSEHOLD.

—Serve fried oysters with a gravy made from hot water and the drippings of the pan they are fried in, and send to table with a bordering of mashed potato.—*The Caterer.*

—Where wire-fencing is not easily obtained, the poultry yards may be fenced with laths, which will last two seasons. Laths make a cheap fence, but the wire netting is more durable.—*Troy Times.*

—Tin vessels rust and are often worthless in a few weeks, because, after washing, they are not set on the stove for a moment, or in the sun, to dry thoroughly before they are put away.—*Christian at Work.*

—Many cooks consider it a great improvement upon ordinary apple sauce which is to be served with roast goose or with pork, to rub it through a colander, and then to beat it with a spoon until it is very light and almost like a pulp.—*Exchange.*

—Ham toast: Chop very fine small bits of boiled ham, with not much fat. To one pint of chopped ham add two well-beaten eggs, half a teacupful of sweet cream or milk, a little pepper, and, if necessary, salt, an eighth of a teaspoonful of dry mustard. Heat this mixture thoroughly; when hot spread over slices of toasted bread which has been dipped in hot, salted water, and well buttered.—*Housewife.*

—To prevent manure from fire-fanging make holes in the heap and pour cold water in them. Manure must heat if it decomposes, and water will often hasten the process, but when it becomes so heated as to fire-fang the result will be a loss. Frequent turning over of the heap, which exposes it to the air, cools it. A pint of sulphuric acid and a pail of water sprinkled through the mass with some suitable vessel will decompose it and also prevent loss.—*Western Rural.*

—Quince Bread: Allow one apple for every six quinces. Boil the quinces and apples in water until they are soft; then peel them, remove the cores, and press the pulp through a sieve. To every pound of pulp allow one pound of sugar. Clarify the sugar and then put in the pulp, adding a little finely grated lemon peel. Boil until perfectly stiff, stirring constantly. Then put the mass in molds or paper cases and dry in a cool oven. The "bread" must be stiff enough to cut in slices.—*Boston Budget.*

FOR POULTRY-KEEPERS.

The Best Ways of Dressing and Shipping Chickens, Turkeys and Geese.

In the first place, poultry should be kept without food twenty-four hours; full crops injure the appearance and are liable to sour, and when this does occur, correspondingly lower prices must be accepted than obtainable for choice stock. Never kill poultry by wringing the neck.

To dress chickens, kill by bleeding in the mouth or opening the veins of the neck; hang by the feet until properly bled. Leave head and feet on and do not remove intestines or crop. Scalded chickens sell best to home trade, and dry picked best to shippers, so that either manner of dressing will do, if properly executed. For scalding chickens, the water should be as near the boiling point as possible without boiling; pick the legs dry before scalding; hold by the head and legs and immerse, and lift up and down three times; if the head is immersed it turns the color of the comb and gives the eyes a shrunken appearance, which leads buyers to think the fowl has been sick; the feathers and pin feathers should then be removed immediately, very cleanly, and without breaking the skin; then "plump," by dipping ten seconds in water nearly or quite boiling hot, and then immediately into cold water; hang in a cool place until the animal heat is entirely out. To dry-pick chickens properly, the work should be done while the chickens are bleeding; do not wait and let the bodies get cold. Dry-picking is much more easily done while the bodies are warm. Be careful and do not break and tear the skin.

To dress turkeys, observe the same instructions as given for preparing chickens, but always dry-pick. Dressed turkeys, when dry-picked always sell best and command better prices than scalded lots, as the appearance is brighter and more attractive. Endeavor to market all old and heavy gobblers early. After the holidays the demand is for small, round, fat hen turkeys only, old Toms being sold at a discount to canners.

Ducks and geese should be scalded in the same temperature of water as for other kinds of poultry, but it requires more time for the water to penetrate and loosen the feathers. Some parties advise, after scalding, to wrap them in a blanket for the purpose of steaming, but they must not be left in this condition long enough to cook the flesh. Do not undertake to dry-pick geese or ducks just before killing, for the purpose of saving the feathers, as it causes the skin to become very much inflamed, and is a great injury to the sale. Do not pick the feathers off the head; leave the feathers on for two or three inches on the neck. Do not singe the bodies for the purpose of removing any down or hair, as the heat from the flame will give them an oily and unsightly appearance. After they are picked clean they should be held in scalding water for about ten seconds, for the purpose of plumping, and then rinsed off in clean cold water. Fat, heavy stock is always preferred.

Before packing and shipping, poultry should be thoroughly dry and cold, but not frozen; the animal heat should be entirely out of the body; pack in boxes or barrels, boxes holding one hundred to two hundred pounds are preferable, and pack snugly; straighten out the body and legs so that they will not arrive very much bent and twisted out of shape; fill the packages as full as possible, to prevent moving about on the way; barrels answer better for chickens and ducks than for turkeys or geese, when convenient, avoid putting more than one kind in a package; mark kind and weight of each description on the package, and mark shipping directions plainly on the cover.—*Chicago Commercial Bulletin.*